

# Turkey & Mushroom Stir-Fry

with Cauliflower Rice & Spicy Soy-Miso Sauce

2 SERVINGS

35-45 MINS

 **Blue Apron**  
blueapron.com



In this hearty stir-fry, you'll bring together a savory mix of ground turkey, bok choy, and mushrooms with an umami-rich duo of spicy sambal and our soy-miso sauce—all served on top of homemade cauliflower rice.

## Ingredients

-  10 oz Ground Turkey
-  1 head Colored, White, or Romanesco Cauliflower
-  10 oz Baby Bok Choy
-  4 oz Mushrooms
-  2 cloves Garlic
-  1 Tbsp Sesame Oil
-  3 Tbsps Soy-Miso Sauce
-  1 Tbsp Sambal Oelek
-  1 tsp Black & White Sesame Seeds

## Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**CARB CONSCIOUS**  
600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://blueapron.com/wine)

## 1 Prepare the ingredients

- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop.



## 2 Make the cauliflower rice

- Remove the leaves of the **cauliflower**, then quarter lengthwise through the core.
- Using the large side of a box grater, grate the quartered cauliflower onto a large plate; discard the core (or discard the core, then pulse in a food processor until fine).



## 3 Cook the cauliflower rice

- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **cauliflower rice** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly softened. Season with salt and pepper. Continue to cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



## 4 Brown the mushrooms

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.



## 5 Make the stir-fry & serve your dish

- Using a spoon, move the **browned mushrooms** to one side of the pan.
- Add the **turkey** and **chopped garlic** to the other side; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 4 to 6 minutes, or until the turkey is browned.
- Add the **chopped bok choy**, **soy-miso sauce** (carefully, as the liquid may splatter), and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until the bok choy leaves are wilted and the turkey is cooked through. Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **stir-fry** over the **cooked cauliflower rice**. Garnish with the **sesame seeds**. Enjoy!



### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 450, Total Carbohydrates: 34g, Dietary Fiber: 8g, Added Sugars: 12g, Total Fat: 21g, Saturated Fat: 4.5g, Protein: 38g, Sodium: 1420mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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